

assessing mobile app quality. It also provides mHealth professionals with a checklist for the design and development of high quality apps.

### 3. RAY'S NIGHT OUT: A NEW IPHONE APP FOR ADDRESSING ALCOHOL MISUSE IN YOUNG PEOPLE

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Up to 30% of young people drink at risky levels at least weekly. Yet, many do not view their alcohol use as problematic and focus only on its enjoyment and socialization benefits. Innovative, youth-friendly and highly accessible ways of delivering preventative health messages are required. This paper describes the design, development and prototype testing of 'Ray's Night Out' a new iPhone application for promoting harm minimization and controlled drinking strategies in young people. Two participatory design workshops were conducted with 5 young people to explore how technology could be used to enhance a good night out drinking. Four existing iPhone alcohol apps were reviewed. Five young people conducted initial prototype testing to refine app content and interface design. Final prototype testing was conducted with 10 young people. Prototype testing indicated young people had a very positive response to the Ray animated character and rated the app highly on aesthetics, engagement, content, functionality, usefulness and youth relevance. The Ray app provides a youth friendly approach to addressing alcohol misuse in young people. The impact of the Ray app on young people's alcohol use knowledge, attitudes and behaviours is currently being evaluated.

### 4. THE DESIGN AND DEVELOPMENT OF MUSIC ESCAPE: A NEW IPHONE MOOD MANAGEMENT MUSIC APP

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The physical, emotional, educational and social developmental challenges of adolescence can be associated with high levels of emotional vulnerability. Thus, the development of effective emotion-regulation strategies is crucial during this time period. Young people commonly use music to identify, express and regulate their emotions. Modern mobile technology provides an engaging, easily accessible means of assisting young people through music. A systematic contextual review identified 20 iPhone applications addressing emotions through music and two independent raters, using the Mobile App Rating Scale (MARS), evaluated the quality of the apps. Their characteristics, key features and overall quality will be presented. Three participatory design workshops (N=13, 6 males, 7 females; age 15-25) were conducted to explore young people's use of music to enhance wellbeing. Young people were also asked to trial existing mood and music apps and to conceptualise their ultimate mood-targeting music application. A thematic analysis of the participatory design workshops content identified the following music affect-regulation strategies: relationship building, modifying cognitions, modifying emotions, and immersing in emotions. The application of the key learnings from the mobile app review and participatory design workshops and the design and development of the music eEscape app will be presented and implications for future research will be discussed.